

Asher Center COVID19 Resources

COVID19 Mental Health Resources and Support

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General Mental Health Resources

Center for Disease Control: <https://www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/index.html>

Mental Health America <https://mhanational.org/covid19>

National Alliance of Mental Health: <https://namimainlinepa.org/resources-coping-covid-19-pandemic/>

Mental Health Directory of Mental Health resources in Illinois: <https://www.rtor.org/directory/mental-health-illinois/>

Practical resources from the Illinois State: <http://www.dhs.state.il.us/page.aspx?item=29735>

Crisis Counseling

Text "TALK" to 741741 [Crisis Textline](#):

Substance Abuse and Mental Health Services Administration <https://www.samhsa.gov/find-help/disaster-distress-helpline>

SAMHSA: 1-800-985-5990 or text TalkWithUs to 66746 substance abuse <https://www.samhsa.gov/sites/default/files/virtual-recovery-resources.pdf>

National Suicide Prevention Lifeline chat and webpage <https://suicidepreventionlifeline.org/chat/> or <https://suicidepreventionlifeline.org/>

<https://suicidepreventionlifeline.org/chat/> (for deaf individuals)

Screening for suicide: <https://afsp.org/interactive-screening-program>
[Disaster Distress Helpline](#): (800) 985-5990 or text "TalkWithUs" to 667446

National Domestic Violence Hotline at (800) 799-7233, chat online at thehotline.org, text LOVEIS to 22522

Woman Inc:(Women Organized to Make Abuse Nonexistent, Inc) <http://www.womaninc.org/>

The National Sexual Assault Hotline is 24/7, confidential and free: 1-800.656.HOPE (4673).

Resources for Native American Communities <https://www.strongheartshelpline.org/get-help/> 1-844-762-8483

Peer support for transpersons: <https://translifeline.org/>, 1-877-565-8860

Substance Use Support

Harm Reduction: <https://harmreduction.org/miscellaneous/covid-19-guidance-for-people-who-use-drugs-and-harm-reduction-programs/>

AA: <http://aa-intergroup.org/directory.php>

Al-Anon: <https://al-anon.org/>

Smart Recovery: <https://www.smartrecovery.org/smart-recovery-toolbox/smart-recovery-online/>

Global Online support: <https://www.intherooms.com/home/>

Parenting Support during COVID

Parent Hotline: <https://www.futureswithoutviolence.org/Support-for-Working-Families>

Helping Parents Cope: <https://www.nctsn.org/resources/parent-caregiver-guide-to-helping-families-cope-with-the-coronavirus-disease-2019>

Childrearing during COVID: https://www.cstsonline.org/assets/media/documents/CSTS_FS_Helping_Homebound_Children_duringCOVID19_Outbreak.pdf

Zero to Thrive education and resource list: <https://zerotothrive.org/covid-19/>

Information about COVID and Pregnancy/Postpartum

Psychoeducation about COVID in 19 languages: <https://www.mindheart.co/discargables>

UCLA Dropbox of information:

<https://www.dropbox.com/sh/ib0zuxac4a1f5rc/AABsGKW1GUczbtWa5STYKGtda?dl=0>

ACOG patient education: <https://www.acog.org/store/products/patient-education>

RCOG: Understanding pregnancy and COVID 19: https://rise.articulate.com/share/_j_A9M2VrxvdeZgDiCbBTEw0ICvNoeTMX#/lessons/EIxxli66LedVF9M0WmTn_7r-qzgbY6LU

ACOG Perinatal and Anxiety Disorders <https://www.acog.org/topics/perinatal-mood-and-anxiety-disorders>

Postpartum Support International <https://www.postpartum.net/get-help/locations/>

Talk with Perinatal Expert: <https://www.postpartum.net/get-help/chat-with-an-expert/>

Online perinatal support: <https://www.postpartum.net/get-help/psi-online-support-meetings/>

Social Media Resources and Mental Health Apps

NIH Social Media Resources <https://www.nih.gov/news-events/covid-19-social-media-resources>

Mothers and Babies Program: <https://www.emb.health/>

UCLA mindful program: <https://www.uclahealth.org/marc/ucla-mindful-app>

APPS

CALM: <https://blog.calm.com/take-a-deep-breath>

Headspace: <https://www.headspace.com/health-covid-19>

Stop Breathe Think: <http://www.stopbreathethink.com/>

Mindfulness during COVID: <https://www.uclahealth.org/marc/covid19-mindfulness>

Sanvello: <https://www.sanvello.com/> (free access during COVID)

Canada Anxiety: <https://www.anxietycanada.com/resources/mindshift-cbt/>

RESTORE by Cobalt Therapeutics, <http://www.cobalttx.com/Products/restore.html>

SHUTi, <https://app.shuti.me/modules/8?page=2>

Sleepio, <https://www.sleepio.com/>

CBT- Coach, <https://www.mobile.va.gov/app/cbt-i-coach>

Resources for students and young adults

@samhsagov 800-985-5990 or text TalkWithUs to 66746 substance abuse

@thestevefund text STEVE to 741-741 for youth of color

@TrevorProject call 1-866-488-7386 or text START to 678-678 for LGBTQ+

@TransLifeline call 877-565-8860 for Trans folks

Cognitive and Behavioral Workbooks

Center for Clinical Interventions: <https://www.cci.health.wa.gov.au/Resources/Overview>

Oxford Treatment Workbooks: <https://www.oxfordclinicalpsych.com/page/ttwseries/ttwseries>

Think CBT workbook: <https://www.thinkcbt.com/images/Downloads/PRINT-WORKBOOK-THINK-CBT-V-09.05.17.pdf>

CBT workbook: <https://www.hpft.nhs.uk/media/1655/wellbeing-team-cbt-workshop-booklet-2016.pdf>

<https://mindremakeproject.org/2018/11/12/free-printable-pdf-workbooks-manuals-and-self-help-guides/>

HeretoHelp: <https://www.heretohelp.bc.ca/sites/default/files/dwp-preventing-relapse.pdf>

Books

A Roadmap to Resilience by Don Meichenbaum, Ph.D.

The first "Appendix A" from this book covers the waterfront of ways people can cope with adversity. <https://roadmaptoresilience.wordpress.com/appendix-a/>

The second, "Addendum" was created for the current pandemic and includes quotes from frontline health care workers. <https://roadmaptoresilience.wordpress.com/addendum/>

Stress Reduction

Prenatal Videos: <https://www.healthline.com/health/pregnancy/best-pregnancy-yoga-videos#Gentle-Prenatal-Morning-Yoga-Routine>

Free Guided Meditations: <https://www.uclahealth.org/marc/mindful-meditations>

Coping with Perinatal Loss

March of Dimes: <https://www.marchofdimes.org/complications/dealing-with-grief-after-the-death-of-your-baby.aspx>

Postpartum Support International: <https://www.postpartum.net/>, support groups.

Healing Hearts: <http://babylosscomfort.com/>, offers resources, support groups for perinatal loss.

SHARE Pregnancy and Infant Loss: <http://nationalshare.org/> grief support after death of child; excellent bibliography

Modern Loss: <https://modernloss.com/>

Compassionate Friends: <https://www.compassionatefriends.org/> (support groups for perinatal loss)

Soaring Spirits: <https://soaringspirits.org/>

Nurture Company: <https://www.nurture.co/>

Additional Resources

Managing Grief and Fear <https://edition.cnn.com/2020/04/01/health/grief-fear-coronavirus-wellness/index.html>

Centre for Clinical Interventions, www.cci.health.wa.gov.au

Psych Hub Resources <https://psychhub.com/covid-19/>

Mental Health America <https://mhanational.org/covid19>